

## Workshop Schedule

The session will begin on  
February 23, 2015 and run till  
June 6, 2015 and we will meet for  
the workshop at 3p.m. at the:

**Buttonwood Park Warming House**  
**1 Oneida Street**  
**New Bedford, Massachusetts 02740**



A SELF-HELP AND SUPPORT GROUP FOR  
PEOPLE WHO HAVE TOO MUCH STUFF

### Contact Facilitators for More Information

Mary Freire-Kellog  
Mary.Freire-Kellogg@newbedford-ma.gov

Gail Joseph  
Gaail.Joseph@newbedford-ma.gov

Samantha Caravana  
scaravana@gmail.com



**City of  
NEW BEDFORD**

## Buried In Treasures Workshop

A SELF-HELP AND SUPPORT GROUP  
FOR PEOPLE WHO HAVE TOO MUCH



*Join the Golden Shovel Club*

**New Bedford Health  
Department  
Housing Division  
1213 Purchase Street  
New Bedford, Ma. 02740**

**Phone: 508-991-6199**

## Do You Have Too Much Stuff ???

Would you like to learn tips on how to de-clutter and stop over-acquiring from people who know what it's like?



Join us for this group created by and for people who are ready to live a life less-cluttered! Each week we'll discuss a skill from the book, *Buried in Treasures*, and complete challenging and rewarding exercises. We'll also check-in with our individual progress, challenges, successes and goals.

**This group offers a  
judgment free  
environment for people  
ready to make a change in  
their life.**



The *Buried in Treasures* Workshop will last for 20 weeks. This workshop will be full of information, support and teach you the abilities to tackle things in your life in a new way.

### **Buried In Treasures**

Help for Compulsive Acquiring, Saving and Hoarding

Second Edition

By:

David F. Tolin - Randy O. Frost - Gail Steketee

